Second Season Of Train Nostalgia And Mountain Scenery

Like the picturesque mountain towns it connects, the Western Maryland Scenic Railroad is alive with the sights and sounds of America's transportation history.

The steam powered excursion train, which carries 250 passengers on a seventeen mile ascent from Cumberland to the mining community of Frostburg, is the latest addition to a growing tourism industry in the upper Potomac River highlands.

Nestled in a series of mountain valleys about two hours west of metropolitan Washington, Allegheny County Maryland was a major milestone in the early days of travel eastward from established eastern cities to the midwest.

The region traces its history back to the French and Indian War and was an important British frontier outpost, guarding the confluence of the North Branch of the Potomac River and Wills Creek. By the mid 19th century, major transportation arteries converged in Cumberland to squeeze people and freight through a single cut in the Allegheny Mountains. Sitting at the crossroads of the C&O Canal, the National Highway and both the B&O Railroad and Western Maryland Railway systems Cumberland soon became known as the Gateway to the West.

In May of 1989, a five year visionary effort became reality with the opening of a scenic railroad that runs through the very same Narrows gorge. Over 50,000 visitors rode the train during its inaugural season.

The railroad's shining, smoke belching Canadian Pacific locomotive No. 1238, and a soon to be completed sister engine, are owned and operated by colorful Jack Showalter. Showalter is a lifelong rail buff who moved his steam operation here from Covington, Va. when a private/public partnership was formed between local city and county governments to assemble the steam rail revival.

Showalter and his veteran locomotive crew have lived and loved steam railroads and are every bit as much of the revival experience as the cinders, the sound, and the mountain vistas. Riderson all ages are attracted to the men who prove themselves as daily masters of the iron horses of yesteryear. Not surprisingly, photos with the locomotive crew are a popular request.

Tidily restored 1920 Pullman cars follow the 1940's vintage locomotive up and down the mountain on daily excursions. A two and a half hour round trip begins at Cumberland's restored Western Maryland Station and includes a ninety minute layover in Frostburg where a typical small town passenger/freight depot has been completely renovated into a restaurant and gift shop.

Rail fans focus on several points that make the Western Maryland Scenic Railroad unique among stream train operations. Foremost, it is a true point-to-point operation with stations at both the Eastern and Western end of the cline. Many steam trains have only a single platform and some may even back home in reverse from their short jaunts.

A turnable at the Old Depot of Frostburg spins the steaming locomotive in full view of riders who take advantage of a rare ringside view of a piece of railroading usually confined to remote servicing yards.

The stations themselves are also part of the railroad's appeal. At Cumberland, the 1913 Western Maryland Station stands much as it did during the heyday of Western Maryland Railway steam operations, with red brick and masonry construction, vaulted ceilings and stately positions at the western end of a turn-of-the-century downtown business district. The Western Maryland is popular with rail buffs for its well earned reputation as a "bridge freight" specialist, connecting East Coast port cities with Mid-West markets.

The Cumberland station is preserved and operated as a local history and industrial museum by a non-profit foundation formed in the 1970's.

The Old Depot of Frostburg, by contrast, was built in 1891 by the smaller Cumberland and Pennsylvania Railroad. The C&P specialized in coal hauling throughout Georges Creek, where famous Big Vien coal deposits were a life blood through the first half of the century. Completely derelict, with its wooden frame and clapboard covering exposed to the elements through years of disinterest, the Old Depot was purchased by entrepreneur James J. Oberhaus. He completely renovated the building into a glass walled restaurant that uses attached railcars for group dining, kitchen facilities and storage.

The Old Depot offers both buffet and sit down meals for train riders. Gift shops, a bar, bakery and old time carriage rides complete the Frostburg end of the rail line.

Rail lines used for the seventeen mile trip are also a combination of the same two historic rail companies. The first fifteen miles west from Cumberland are part of the Western Maryland Railway right-of-way, donated to the City of Cumberland by CSX Corporation. The last two miles of the route, beginning at the well known "Number Nine" switch, were acquired from the current owners of the C&P Railroad. C&P right-of-ways were rebuilt to match the heavier Western Maryland rail specifications.

Steaming Into the Past-Riders of all ages, over 60,000 since the rail line opened in 1989, enjoy the Western Maryland Scenic Railroad's 34 mile round trip steam ride between the towns Cumberland to Frostburg. Carrying 250 passengers behind a 1948 Canadian Pacific locomotive, the train runs from April through October with special trains in the fall and winter. For information and reservations, call 1-800-TRAIN-50.

Riders will notice that the route becomes steeper as the train chugs west up the face of Big Savage mountain, reaching a three percent grade just beyond "Number Nine". The trip begins with a view of the Narrows gorge and then rambles through pasture and farmland before beginning the tree lined ascent to Frostburg.

Riders can take advantage of other activities during visits including a walking tour of Cumberland's outstanding Victorian residential neighborhoods and discovering the unusual history of the C&O Canal. Western Maryland has become noted for its special events in recent years and many combine their train experience with attendance to international whitewater canoe and kayak races held in nearby Garrett County and the popular Rocky Gap Country Bluegrass Festival which entertains over 55,000 annually during the first weekend in August.

The Western Maryland Scenic Railroad runs daily Tuesday through Sunday, with trips scheduled to depart Cumberland at 11:30 a.m. and 3:30 p.m. With seats limited to 250 per train and many travel operations using the railroad as a bus tour destination, reservations are strongly recommended.

The Western Maryland Scenic Railroad can be reached by calling 1-800-TRAIN-50 (local), 759-4400 in Allegheny County, or writing the railroad in care of the Western Maryland Station Center, Canal Street, Cumberland, MD 21502.

Health & Nutrition
by Judith Sheldon

LABELS CAN BE DECEIVING: Although this column has dealt with the often confusing subject of labels many times in the past few years, many of you may still have questions. Therefore, for the benefit of those who missed the earlier reports, as well as for those readers who may have become a little lazy in their "life" reading, I thought I'd repeat that vital information:

First, let's tackle the words "Like" and "Light." Unless they refer to meat and poultry products, the terms are basically meaningless. They may describe a product with fewer calories than the usual product, or lighter in texture, or lighter in fat, salt, sugar, or even color. "Like" or "light" doesn't automatically mean the food is "right" for you. Some "light" textured foods may carry the same amount of calories and/or fat, etc., as any other food in its category. Read labels carefully to determine the ingredients and how much of what goes into the product.

As far as meat and poultry products are concerned, "light" or "lite" is supposed to mean that they contain at least 15 percent less fat than the traditional items.

95 percent Fat Free. Before you jump for joy at discovering these labelled products on your supermarket shelves, you should be aware that the designation refers to fat percentage by weight, not by calories. As the University of Texas Lifetime Health Letter points out, since fat is such a concentrated source of calories (nine per gram) a product with "only" five percent fat by weight (the so-called 95 percent fat free product) may still draw up to 35 percent of its calories from fat. That's not such a healthful ratio after all.

Cholesterol-Free. Legally, "no cholesterol" refers to a product that has no more than two milligrams of cholesterol per serving. However, cholesterol is an animal based derivative. A cholesterol-free (non animal) food can still present health hazards by way of saturated fat ingredients which the body converts to artery-clogging cholesterol. Be wary if your cholesterol-free food contains saturated fats such as tropical oils (palm, coconut, etc.) or hydrogenated vegetable oils.

Low-Calorie means the food can have no more than 40 calories per serving or 0.4 calories per gram.

Reduced calorie products have one-third fewer calories than the traditional products.

Diet or dietetic on a label means only that the foods were somehow altered. However, this does not necessarily mean they're lower in calories.

Your Health
by Lester L. Coleman, M.D.

In a world that is so filled with hostility and anger and violence and death and destruction, it is most gratifying when scientific research brings forth a spark of hope and happiness.

The disease Cystic Fibrosis (CF) is one of the most common familial hereditary diseases in North America. Thousands of people who are born with cystic fibrosis had little or not hope for survival 30 years ago. Over this period of time, many new scientific developments have brought more and more hope for survival, longevity and good health to those born with this genetic disturbance.

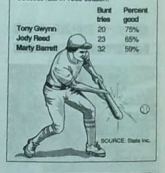
It is said that finding the answer to the genetic disturbance in cystic fibrosis was truly looking for a "genetic needle" in a haystack. Yet recently, the identification of the CF gene was reported by a group of research scientists headed by Dr. John P. Riordan from the Department of Biochemistry, Hospital for Sick Children and the University of Toronto, and Lap-Chee Tsui in the Department of Genetics.

It has long been established that patients with this condition have some defect in the chloride mechanism which is responsible for the severe symptoms that are related to disease of the bronchial tubes and the lungs. The new identification of the CF gene has spurred new efforts to find a drug that can restore the normal chloride balance in the body. It is expected that such medication will soon be available because of this new scientific contribution. A great deal of developmental work has yet to be done. But, the outlook which once was bleak now has new horizons of hope. Scientific research must never be stopped or hampered if the answers to this and other congenital diseases are to be found.

Best bunters in baseball

Success rate in 1989 season:

	Bunt tries	Percent good
Tony Gwynn	20	75%
Jody Reed	23	65%
Marty Barrett	32	59%



SOURCE: Stats Inc.

Weekly HEALTH TIP

NO-TAN MODELS

Zoli Modeling Agency says, "We definitely tell all our models to stay out of the sun, as it may shorten their careers. The sun takes away that fresh, young look. In recruiting models from sunny states, such as Arizona and Florida, we find that many young girls already have lined faces."

There is the added danger of skin cancer that also argues against suntanning.

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State Craft Fair this weekend

Jill Elizabeth

The 43rd Annual State Craft Fair will be held at Franklin and Marshall College on July 26 through July 29. The Fair is sponsored by the Pennsylvania Designer Craftsmen and will feature over 250 juried craftsmen, festival foods, craft demonstrations, a craft gallery exhibit, and continuous entertainment.

Pictured is Jill Elizabeth, a craftsman from Monroe County, Pa., who is a participant at the Festival. Elizabeth creates pins, necklaces, and earrings out of modern, high impact materials in ancient and traditional designs. Elizabeth comments, "I enjoy researching cultures and meaningful symbols that have existed for centuries. I never get tired of what I'm doing."

As accents, Elizabeth also uses semi-precious stones, beads and silvers.

In addition to the jewelry created by Elizabeth, the Fair will also feature other handcrafts, including pottery, weaving, glass, stuffed animals, quilting, fraktur and batik, leather goods.

Featured in this year's festival entertainment will be the magic of Chris Capehart and the folk music of Jerry Haines. They will be performing throughout the weekend.

Chris Capehart, a 20-year veteran magician from Philadelphia, will entertain audiences with his bright of hand, a variety of tricks, and the site of his pet rabbit, Rabbit. Capehart's act, which is geared toward audience participation and laughter, focuses on delighting children of all ages.

Jerry Haines, a solo folk song performer, has been playing festivals, fairs, colleges, and clubs throughout Pennsylvania, Maryland, New Jersey, Delaware and West Virginia for the last 13 years. A versatile performer, Haines fingerpicks, cross-picks, and strums 6 and 12-string guitars while also adding blends of harmonies and autoharp to his songs.

Admission to the fair is $4.00. Children under twelve are admitted free. Parking is also free. The Fair will be held, rain or shine, under tents on the grounds of Franklin and Marshall College. The College is located just off the Harrisburg Exit of Route 30, on Harrisburg Pike and College Avenue.

In a special act requested by the fair organizers, construction on the Harrisburg Pike will be suspended during the days of the event, making the fair easily accessible.

For further information, call 215-860-0731. Proceeds from ticket sales will benefit the State Guild education programs.

"Barefoot in the Park" Promises Laughter

The blockbuster Broadway hit that became a prototype for many subsequent comedies on both the stage and on television is BAREFOOT IN THE PARK playing July 31-August 12 at Totem Pole Playhouse. BAREFOOT IN THE PARK established playwright Neil Simon as a master of modern comedy and has inspired laughter around the world since it first opened.

Originally hailed as the merriest evening Broadway has enjoyed in years, this Simon masterpiece tells the tale of New York City newlyweds (Shirleyann Kaladjian and Alexander Webb) in an unfurnished and unheated loveneat. An eccentric neighbor (Wil Love) and a conservative mother (Jayne Houdyshell) add conflict, confusion, and laughter to the post-marital bliss, and a telephone repairman (Robert Spencer) offers sage advice whether it is needed or not.

BAREFOOT IN THE PARK is the fifth production in the 40th Anniversary Season at the Caledonia State Park summer theatre and is directed by Playhouse Producing Artistic Director, Carl Schurr. The cozy Manhattan apartment is designed by John Ovington, iconic artist at Totem Pole for the past two summers. Costumes and lights are designed by resident staff members Patricia M. Risser and Dave Brown, respectively.

The 1990 Totem Pole Playhouse schedule includes:

Charley's Aunt-continuing through July 29; Barefoot in the Park-July 31-August 12; Driving Miss Daisy-August 14-26.

For further information please call 717-352-2161 or write Totem Pole Playhouse, P.O. Box 603, Fayetteville, Pa. 17222-0603.

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Volunteers Needed At Dillsburg Library

The library in Dillsburg could be compared to an old country store. It displays new "products" as well as old favorites. It offers a base from which to meet new people...to "network" with others.

Unlike the country store, the library is not going to become a relic of the past. Not if Emily Geschwindt can help it. "We are currently being called a "bedroom community," Emily said. "I don't think that means we're a sleepy little time! While people may work in other towns I know they are interested in what is happening here-where they've chosen to raise their families."

Right now Emily is concerned about the availability of library services.

"We have a lot of interesting jobs that need to be done on a volunteer basis," she said. "The community has a history of volunteerism and we need to call on that spirit to help us improve library services to our area," Emily said. "Our call goes out especially to people new to the Dillsburg area-if you can contribute as little as two hours of time a week, we need you," she added.

Emily cites the opportunity to meet new people, talk to other parents, help children with school projects, discover others with similar interest as a few good reasons to join the volunteer staff at the library.

The need is great. "Our library operates on a very small budget which pays for book additions to the shelves and pays the salaries of our small permanent staff," Emily said.

Some of the jobs open for volunteers are as follows:

Shelvers-involves alphabetizing and counting books as well as placing books on correct shelves.

Public Desk Service-to check out and renew library materials, help find materials (should be 18 years of age or older).

Public speakers or book talks and discussion group leaders.

Book preparation and repair persons.

Secretary-involves filing, handling correspondence, etc.

Computer input personinvolves using the computer for cataloging books and word processing to update the library procedures manual and other library materials (you need not have computer experience, training is provided).

Cleaning persons-to perform light cleaning in the library and its offices on a regular basis.

While volunteers are not paid for their services, there are some perks to the jobs listed above. Volunteers do not pay overdue fines or video fees. Flexible scheduling, the opportunity to brush up on skills, and a chance to break from your regular routine are also pluses to the jobs, according to Emily. "On-site training is offered for all positions," she emphasized.

To volunteer for any of these community service positions call the library at 432-5613.

Greater Dillsburg Area Church Softball League

July 22 Softball Results

Bowmansdale 22, Harmony Bethel 9
Harmony Bethel 10, Bowmansdale 0
Monaghan 20, Calvary 2
Monaghan 21, Calvary 7
Mt. Pleasant 9, Chestnut Grove 2
Mt. Pleasant 5, Chestnut Grove 0

League Standings

Mt. Pleasant	8	0
Monaghan	6	0
Harmony Bethel	3	5
Bowmansdale	2	4
Chestnut Grove	2	6
Calvary	1	7

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